

## **BOOK REVIEW**

Dr. Bruce Lipton. *The Honeymoon Effect*

Reviewed by Steve Winchester

Dr. Bruce Lipton's book "the Honeymoon Effect" discusses the almost superhuman effect of being in love. Those that have been in love will know that no matter how bad you feel in life before you fell in love the power of that love changes everything. He describes it as truly being in the moment all the time. This leads to high energy happiness that is almost offensive to the outside observer. Unfortunately, this state cannot be maintained. Life creeps back in to the daily routine, and we fall into the old patterns we learned during child development. He quotes psychological studies of children showing that up to the seventh year a child operates in a theta and delta state of consciousness taking in massive amounts of information in a hypnosis-like state. This highly open-minded state is not buffered by free-will reasoning of alpha and beta states of consciousness which develop after that age. Therefore, all thing input are deeply imbedded in the subconscious in a very literal way creating the stories or programs the average person tends to live by.

The purpose of "The Honeymoon Effect" is to show ways to obtain the Honeymoon Effect and maintain it. You don't even need the "Love of Your Life" because the Honeymoon Effect is innate in the individual. The conscious mind resides in the prefrontal cortex which sits behind your forehead making up 10% of the brain volume. The subconscious mind resides pretty much in the remaining 90%. The conscious mind is capable of 40-nerve impulses per second, but the subconscious mind is much faster processing 40-million-nerve impulses per second making the subconscious mind's processor one million times more powerful.

Unfortunately, the subconscious mind is where all these programs and stories are stored from childhood. When we are distracted, thinking, stressing and not in the moment these programs are in charge. Like a record-playback machine, you resort to the scripts that got you what you wanted when you were young. In a grown-up way of course! This "out-of-present" behavior is the way we live 95% of the time resulting in a life of reactions that don't serve us always in positive ways. Such as a reprogramming process that re-writes our reactions when we are not present along with allowing us to be present for longer portions of the day. What better way to transform us than changing us at the subconscious level and giving us better programs to live by?

Bruce Lipton's book discusses how to change the programs mainly through becoming consciously aware of them and making changes through meditation and awareness of record playback mode and move back into the present. It is state-of-the-art science supporting how we can transform our lives.